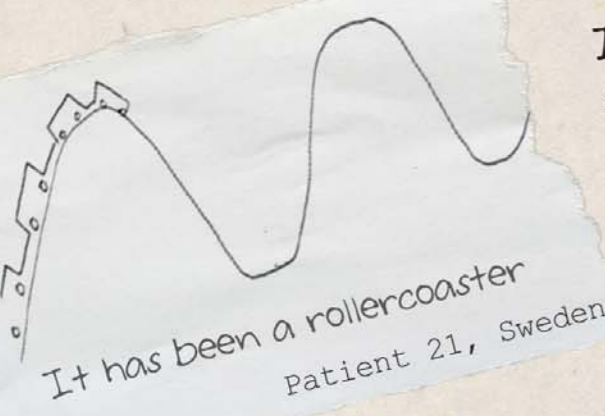
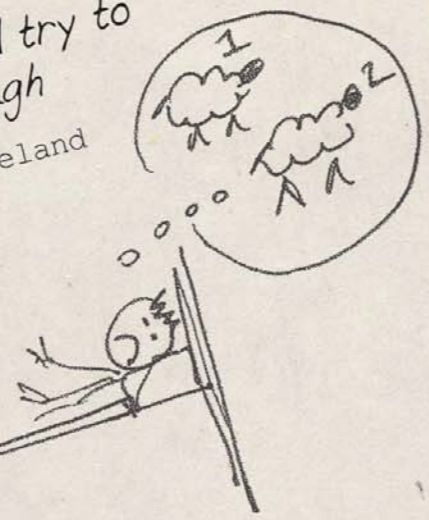


How does pain impact on your daily life?



I lie down and try to sleep it through
Patient 4, Ireland



It depicts the ups and downs, even if I'm down more often than up.



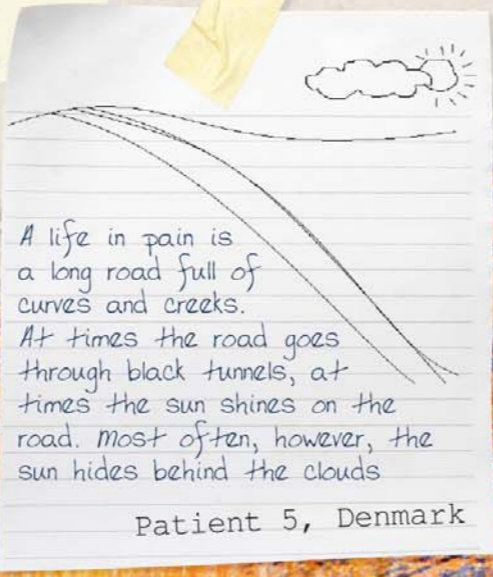
People are still not ready to listen to my problems. They often think I feign them or think that they are in more pain. Everyone has different pain and different problems.

We should stop comparing our pain and start listening to one another.

Patient 14, Belgium

Pain is different every day and sometimes several times during a day it changes. It is unpredictable: I never know when I will have it or not. So I am unable to make plans for anything.

Patient 28, UK



PainSTORY: Pain Study Tracking Ongoing Responses for a Year

VISUAL SHEET

What does the face of your pain look like?



For me, pain is a stranger with whom I have to live every day, in spite of my fears

Patient 14, Belgium



How does pain make you feel?

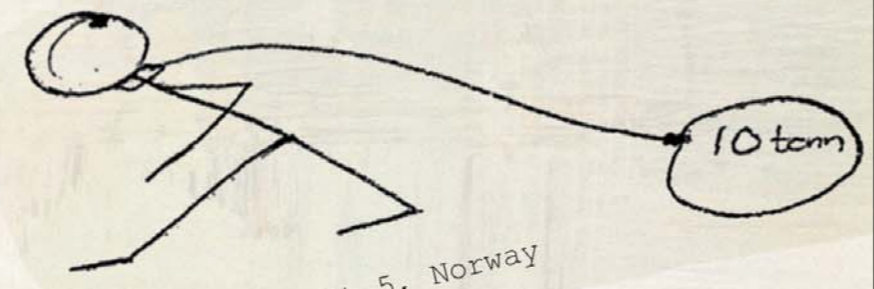
I feel like the pain is too much for me to over-come. I feel older because I feel I can't move as freely
Patient 22, Ireland

SMALL
SAD
CORNERED



Patient 8, The Netherlands

I would like to feel normal again
Patient 13, Ireland



Patient 5, Norway

Tired,
DEPRESSED,
NERVOUS,
AGITATED

Patient 26, Italy



Patient 19, Switzerland

I have treatment, I get worse, I get better and then it gets worse... nothing is long term...no solution is provided, I just feel like I'm going round in circles with nothing being done
Patient 14, UK



Patient 18, Poland

How does pain affect your relationship with family and friends?

I couldn't interact. The pain trapped me and I couldn't socialise. I felt like a prisoner of the pain
Patient 1, Spain



Patient 7, Belgium

A letter to pain

Dear pain...
Please go away. You make my life a misery. I didn't realise how much we take good health for granted until you came along. So please just vanish - you make me miserable.
All the best
Patient 2, UK

Dear pain...
Suddenly you came into my life. Everyday I am hoping that you will disappear just as suddenly again. You have turned my life upside down. My future looks totally different as well as the present. You make me feel tired, angry en sad. I try my best to accept you but it would be great if you just said goodbye on your own.
All the best
Patient 11, The Netherlands

My pain prevented me from enjoying being with other people and to have contact with them
Patient 7, France

Patient 15, Germany